



Your most important project

YOU--BUT DON'T LET ANYONE KNOW

# Curriculum Vitae (Not Really)



Are you a busy professional concerned with improving your physical and emotional health? Welcome to “Fine Life!” Here, attorney and fitness advocate Kevin Fine, and others (even you), share experiences and information about how every-day professionals can improve their health and wellness.

What is *Fine Life* all about?

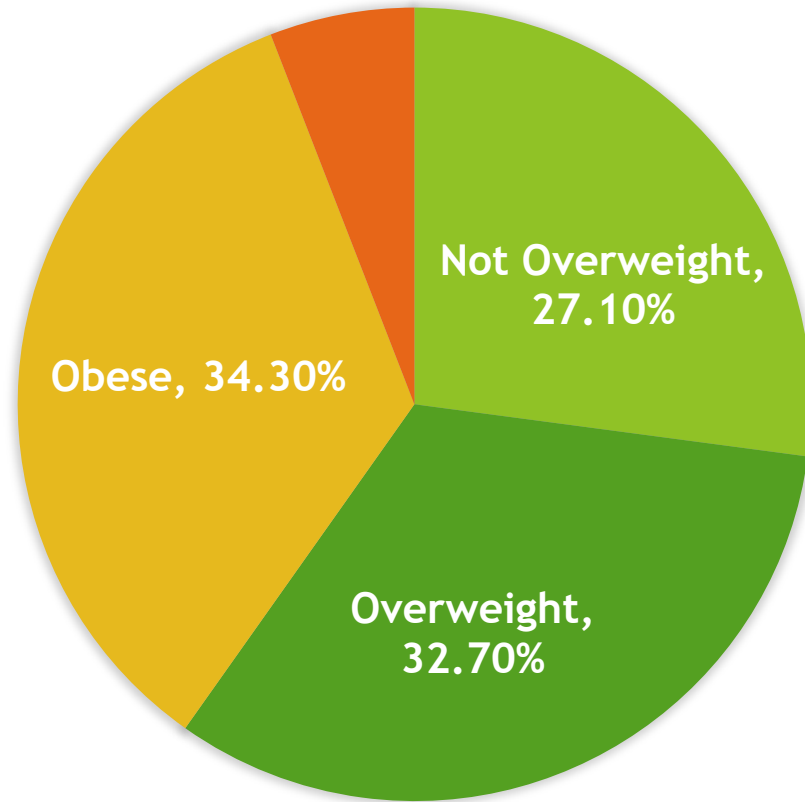
Health  
Fitness  
Wellness  
Mindfulness

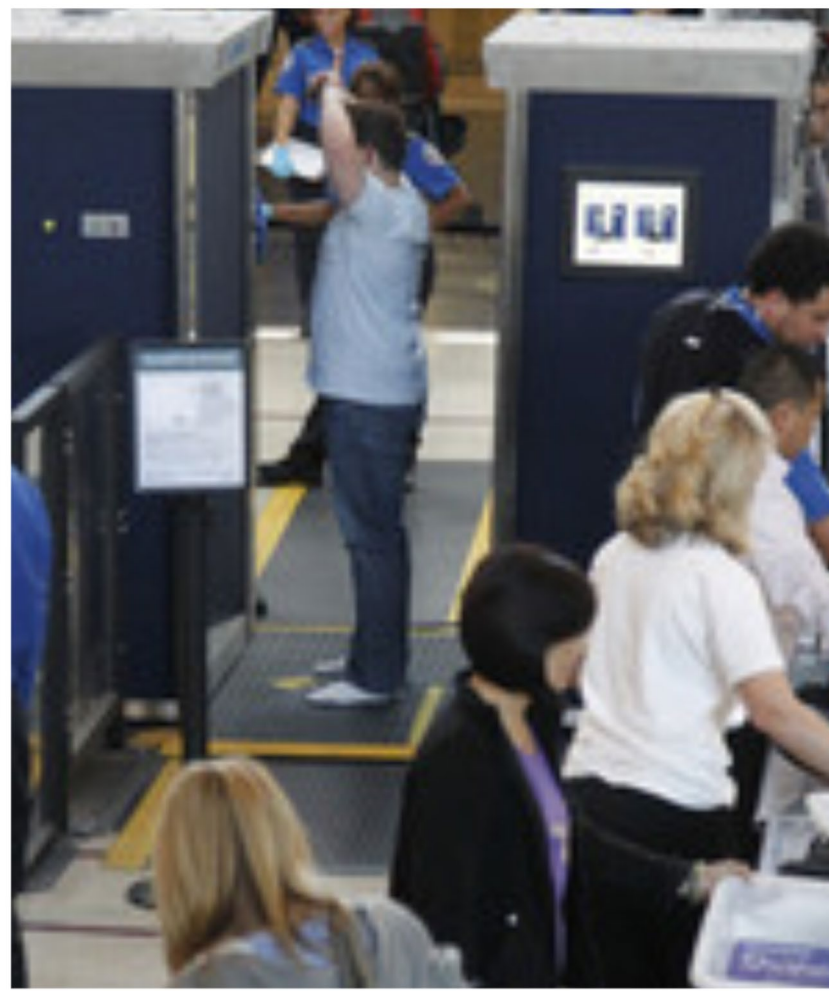
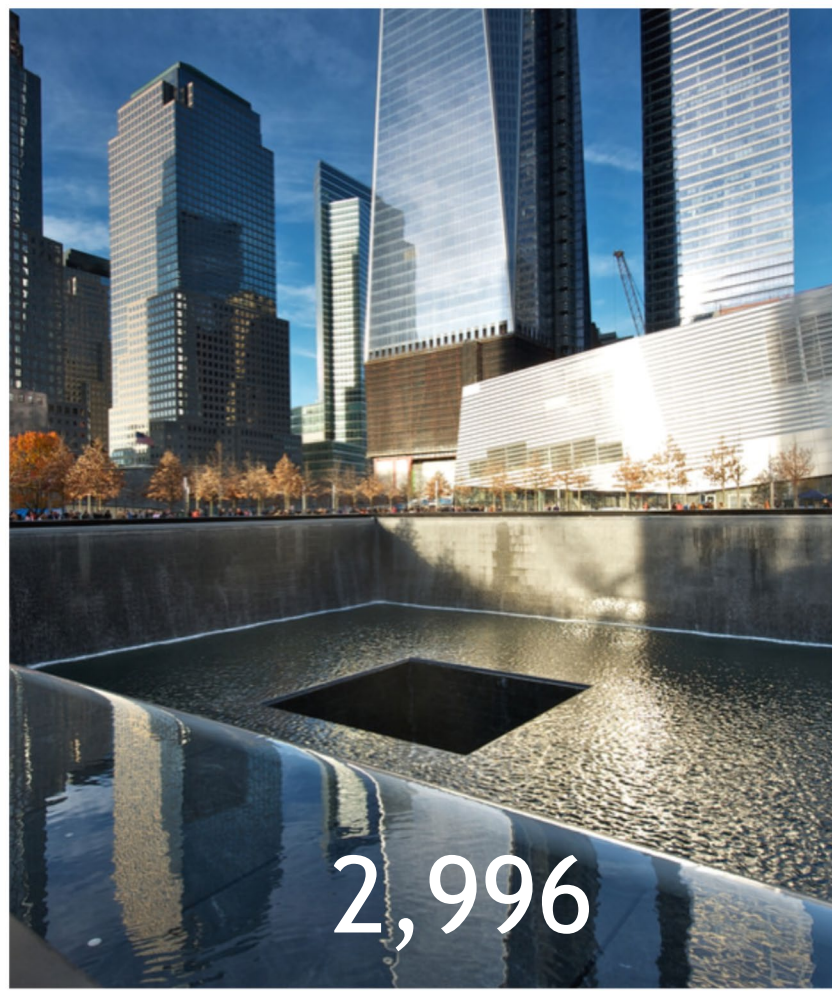




Why are we  
here?

# Americans are overweight, or worse





38 Hours  
690,000 PER YEAR

# You don't look as good in a suit, and

- ▶ All-causes of death (mortality)
- ▶ High blood pressure (Hypertension)
- ▶ High LDL cholesterol, low HDL cholesterol, or high levels of triglycerides (Dyslipidemia)
- ▶ Type 2 diabetes
- ▶ Dementia and Alzheimer's
- ▶ Coronary heart disease
- ▶ Stroke
- ▶ Gallbladder disease
- ▶ Osteoarthritis (a breakdown of cartilage and bone within a joint)
- ▶ Sleep apnea and breathing problems
- ▶ Some cancers (endometrial, breast, colon, kidney, gallbladder, and liver)
- ▶ Low quality of life
- ▶ Mental illness such as clinical depression, anxiety, and other mental disorders<sup>4,5</sup>
- ▶ Body pain and difficulty with physical functioning<sup>6</sup>



# Alcohol and depression instead

TREATED WITH ALCOHOL, WITH  
1 OF 3 ATTORNEYS “PROBLEM  
DRINKERS,” 28% DEPRESSED,  
AND 19% HIGH ANXIETY





Rich Roll, Supplemental Centre

# The presentation in 30 seconds

- ▶ U.S. is overweight and unhealthy; it is killing us.
- ▶ Are you overweight and unhealthy; is it killing you?
- ▶ You can fix it, should fix it, and probably know how to fix it.
- ▶ You can fix it when you decide to (again). But only you can decide to.
- ▶ When you decide, resources are plentiful; but here are some best practices.



Health and weight are not synonymous. True. We suck at “health”, too:

Less than 3 percent of Americans meet the basic qualifications for a “healthy lifestyle,” according to a new study published in *Mayo Clinic Proceedings*.

The study authors defined a “healthy lifestyle” as one that met four qualifications:



Moderate or vigorous exercise for at least 150 minutes a week



A diet score in the top 40 percent on the Healthy Eating Index



A body fat percentage under 20 percent (for men) or 30 percent (for women)



Not smoking

HELP!



# WAY OF LIVING



NOT A PROGRAM



NOT A DIET



NOT A FAD OR TREND



Limited time every day

Limited lifetime

No one else should decide for you

- ▶ How do you want to live, and feel?
- ▶ Relationships and health, for a job?
- ▶ Exchanges; Opportunity costs.



# You can fix this

You should fix this.



TOP 2% IN EDUCATION



TOP 5% IN INCOME



DRIVEN, HARD-  
WORKING  
PERSONALITIES



THIRD-BEST DRESSED  
(OUTDONE BY ART  
DIRECTOR AND TAILOR)

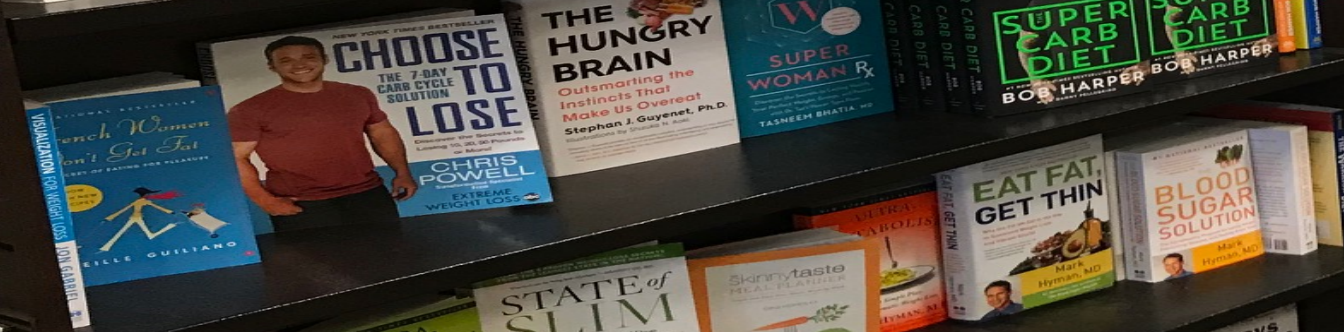


REGULAR PRESENTERS  
AND PUBLIC SPEAKERS

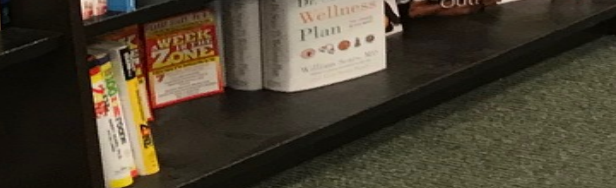
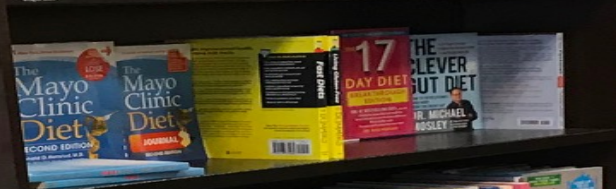


Fuel and building materials--  
the actual purpose of food

# Diets & Nutrition



# Diets & Nutrition



# Diets & Nutrition



# SUMMARY OF THE SCIENCE.

- CALORIES = ENERGY
- CALORIES NOT USED = FAT STORES (WEIGHT)
- CALORIES CONSUMED > CALORIES BURNED = GAIN WEIGHT
- CALORIES CONSUMED = CALORIES BURNED = MAINTAIN WEIGHT
- CALORIES CONSUMED < CALORIES BURNED = LOSE WEIGHT
- THIS IS NOT A “KNOWLEDGE” PROBLEM.

**ANYONE WHO CANNOT UNDERSTAND THIS SLIDE, PLEASE REPORT TO  
MANAGEMENT**





# NATURAL SOLUTIONS LIMITED

- ▶ CONSUME FEWER CALORIES
- ▶ BURN MORE CALORIES
- ▶ CONSUME FEWER AND BURN MORE CALORIES

Probably knew all this already; probably tried already.

## Nutrition Facts

8 servings per container

**Serving size** 2/3 cup (55g)

**Amount per serving**

**Calories** **230**

**% Daily Value\***

**Total Fat** 8g **10%**

Saturated Fat 1g **5%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 160mg **7%**

**Total Carbohydrate** 37g **13%**

Dietary Fiber 4g **14%**

Total Sugars 12g

Includes 10g Added Sugars **20%**

**Protein** 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# Exchanges

## High nutrient or volume for the calories

### Avoid

- ▶ Simple Carbohydrates (sugar, white flour)
- ▶ Fried/Breaded Foods
- ▶ Fatty Foods
- ▶ Meat and Dairy Generally (Sorry)



Cup of Sugar--775  
Cup of Broccoli--30

### Seek

- ▶ Complex Carbohydrates
- ▶ Fiber
- ▶ Vegetables
- ▶ Healthy Fats
- ▶ Lean Meats or Dairy (If You Insist)



That's right: 25  
cups of broccoli

## Unlikely to eat a cup of sugar, but . . .



- ▶ Burger, fries and soda—1,120
- ▶ Shredded beef burrito meal with sides and drink—1,800
- ▶ Lasagna meal with salad, breadsticks, and drink—1,800
- ▶ Pancakes, hash browns, toast/jam, OJ—1,000
- ▶ Brownie and ice cream—700
- ▶ Applebee's Oriental Chicken Salad—1,420
- ▶ Smashburger BBQ, Bacon and Cheddar—1,049
- ▶ Post-marathon: Salad, Burger, Fries, Drink, Dessert—4,030.

# BIG PICTURE PRACTICES

“Eat a variety of foods, mostly plants, not too much.” - Michael Pollan

## Macronutrients

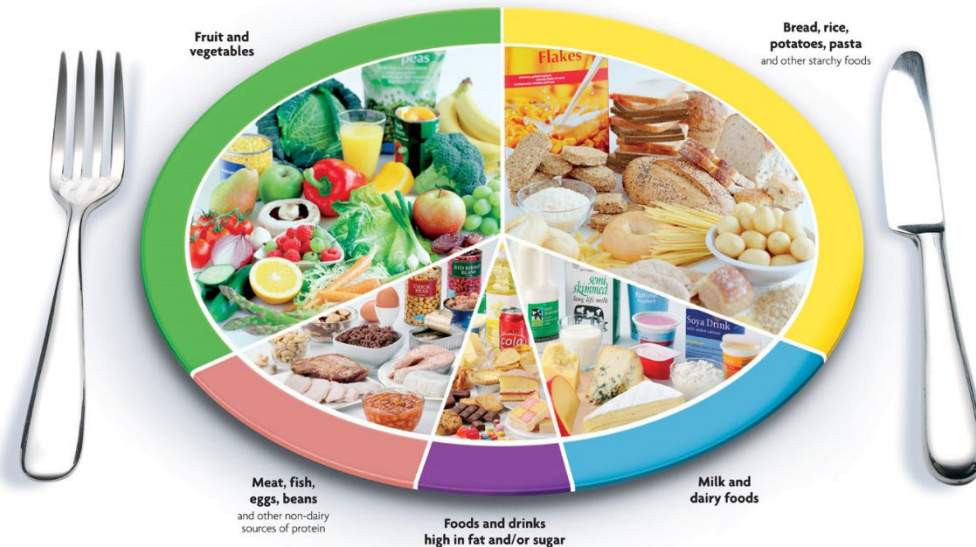
- ▶ Can be used for fuel
- ▶ Can also be building material

## Three Main Categories

- ▶ Carbohydrates (40%)—limited storage—stored as fats
- ▶ Fats (30%)—unlimited storage—stored as fats
- ▶ Proteins (30%)—building blocks—stored as fats

## The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.





BY

# What I actually eat

NOT BEST PRACTICES

# When to eat

AND WHAT ABOUT FASTING?



- ▶ My Fitness Pal
- ▶ Set For 500 Calorie Deficit, and/or
- ▶ Don't Add Exercise
- ▶ Stick To Calories
- ▶ Watch Macros

# Best Nutrition Plan

SOMETHING YOU WILL DO



# Energy Burned

## MOVEMENT

# Common Exercises; Calories Per Hour



- ▶ Jumping Rope 667-990
- ▶ Running 566-839
- ▶ Kickboxing 582-864
- ▶ Kettlebells 554-822
- ▶ Stationary Bike 498-738
- ▶ Rowing Machine 481-713
- ▶ Stairs 452-670
- ▶ Swimming 413-572
- ▶ Elliptical 322-478
- ▶ Power Yoga 226-335





Is golf  
exercise?  
Skip the cart.

Walking--6 Miles

1400 calories

Cart--2 miles

800 calories



[This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#)



[This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#)



[This Photo](#) by Unknown Author is licensed under [CC BY](#)

# Best exercises

THE ONES YOU WILL DO

# fundamental ideas

Start where you are.

- Where you wish you were is irrelevant
- Where someone else is, is irrelevant
- How you got where you are, might have some relevance

30 to 60 minutes of moderate+ exercise, 5 days per week.

- Walking
- Step Tracker
- Exercise Schedule

Consume 500 to 1000 fewer calories than you burn.

- Nutrition Tracker
- Better calorie exchanges

Don't stop.

- No "off" button; only "re-start"
- Know your end goal

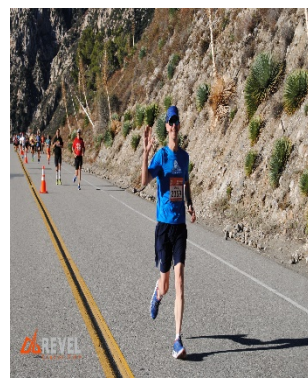
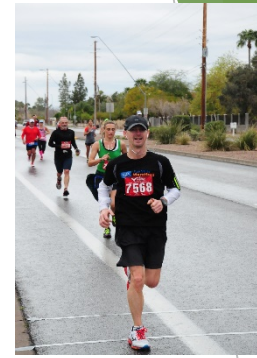
# Fine Life (never) patented six step program

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Rest	3 m run	3 m run	3 m run	Rest	6	Cross
2	Rest	3 m run	3 m run	3 m run	Rest	7	Cross
3	Rest	3 m run	4 m run	3 m run	Rest	5	Cross
4	Rest	3 m run	4 m run	3 m run	Rest	9	Cross
5	Rest	3 m run	5 m run	3 m run	Rest	10	Cross
6	Rest	3 m run	5 m run	3 m run	Rest	7	Cross
7	Rest	3 m run	6 m run	3 m run	Rest	12	Cross
8	Rest	3 m run	6 m run	3 m run	Rest	Rest	Half Marathon
9	Rest	3 m run	7 m run	4 m run	Rest	10	Cross
10	Rest	3 m run	7 m run	4 m run	Rest	15	Cross
11	Rest	4 m run	8 m run	4 m run	Rest	16	Cross
12	Rest	4 m run	8 m run	5 m run	Rest	12	Cross
13	Rest	4 m run	9 m run	5 m run	Rest	18	Cross
14	Rest	5 m run	9 m run	5 m run	Rest	14	Cross
15	Rest	5 m run	10 m run	5 m run	Rest	20	Cross
16	Rest	5 m run	8 m run	4 m run	Rest	12	Cross
17	Rest	4 m run	6 m run	3 m run	Rest	8	Cross
18	Rest	3 m run	4 m run	2 m run	Rest	Rest	Marathon

- ▶ Find an Event
- ▶ Register
- ▶ Find Training Schedule
- ▶ Train
- ▶ Do Event
- ▶ Repeat



Events everywhere—all the time

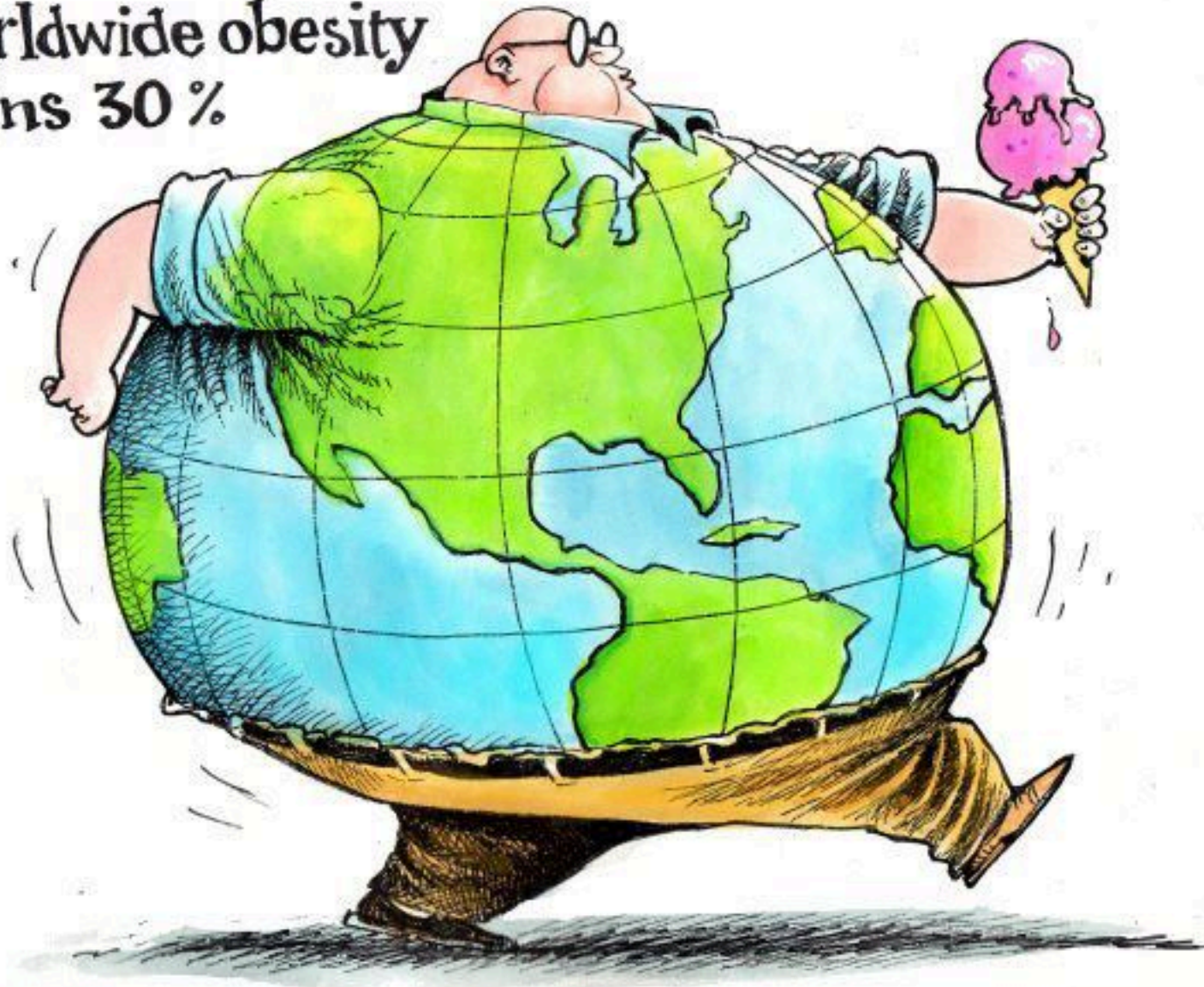




- Run 30 minutes, 6 days per week
- 180 minutes, or 3 hours
- Burns 1800 calories
- Consume 250 fewer calories per day (1750 vs. 2000)
- 1750 fewer calories consumed
- Burns 3550 more calories than consumed (pound)
- Lose 1 pound per week
- 52 pounds per year



Worldwide obesity  
gains 30 %



DAVE GRANLUND © [www.davegranlund.com](http://www.davegranlund.com)

Why is it hard?  
Whole world is  
against you!

Human Nature  
Tradition  
Food Industry  
Profession  
Restaurant  
Advertisements

# MOTIVATION AIDS; Do what works

- ▶ List Motivators
- ▶ Set Realistic Goals
- ▶ No Self-Criticism
- ▶ Muscle/Fat Tradeoff
- ▶ Invest
- ▶ Teamwork
- ▶ Adventure
- ▶ Furry Friend (Not A Cat)
- ▶ Motivated Friends
- ▶ Distractions
- ▶ Accountability
- ▶ Forget the Celebrities
- ▶ Short-term Goals
- ▶ Part-time Job/Serious Hobby
- ▶ Compete
- ▶ Photo Log
- ▶ Written Log
- ▶ Count on Setbacks (Restart Button)
- ▶ Healthy Food Substitute
- ▶ Try Something Entirely New
- ▶ [WEIGHTCRAFTERS.COM](http://WEIGHTCRAFTERS.COM)

**MOOD  
FOLLOWS  
ACTION**

---



Rich Roll

# Random health and fitness resources

## Books I've Found Motivational:

- ▶ Running for Mortals--Bingham
- ▶ Ultramarathon Man--Karnazes
- ▶ Finding Ultra--Roll
- ▶ Into Thin Air--Krakauer
- ▶ Body For Life--Phillips
- ▶ Born to Run--McDougall
- ▶ Runners World Magazine
- ▶ Eat to Win--Haas

## The Podcast I Most Follow:

- ▶ Rich Roll
- ▶ Found Your Fitness

## Free Training Schedules I've Used:

- ▶ Hal Higdon
- ▶ Finish Your Marathon Inside 3 Hours--Dr. Jim Grahm
- ▶ Advanced Marathon--Pfitzinger

## Nutrition Tracker I Use:

- ▶ MyFitnessPal
- ▶ Yoga Online
- ▶ Yoga "Live"
- ▶ Spin Classes

## Fitness Clubs I've Used:

- ▶ YMCA
- ▶ Mountainside Fitness
- ▶ LA Fitness
- ▶ EoS
- ▶ Lifetime Fitness

## Social Groups I Engage:

- ▶ Meetup
- ▶ East Valley Runners
- ▶ San Tan Trail Runners
- ▶ QCRC
- ▶ Las Sendas Runners



Sleep—more  
important than we  
knew

How much:

7 to 9 hours

What it affects:

Everything

Dr. Matthew Walker—“Why We sleep”

# Mindfulness/ Meditation.

## What's the big deal?

- ▶ Emotional Control
- ▶ Cognition
- ▶ Brain cortex enhancement
- ▶ (Yongey Mingyur Rinpoche)



# Just The Beginning

KEVIN FINE

[KFINE@DAVISMILES.COM](mailto:KFINE@DAVISMILES.COM)

[DAVISMILES.COM/FINELIFE](https://DAVISMILES.COM/FINELIFE)

